Tempos:

Seconds / 1200

Start Training: 9th Jan

Trial 1: 9th Feb

Trial 2: 23rd Feb

Round 1 9th March

Name, time trial one, minutes and seconds, average aerobic speed, target seconds, target aerobic speed,

Start high each week knock a second off, don’t go lower than 10 seconds.

Biggest session week before first trial, lower game week, bigger

3 weeks of loading 1 week off,

Pull back through volume not intensity,

1.2 week 2, 2nd one in a week off,

6-7 km,

Condioning 2-3 km

Volume goal:20% of game volume, higher instensities, more dense less rest

Progression and density.

Conditioning distance is effort,

Deload into first couple of games.

IB

1km time trial, 50m each side, opposite corners,